

SENIOR CENTER ADVISORY BOARD

Minutes

March 7, 2006

Members Present: Sarah Bridges, Dick Massey, Bonita Sharpee, Lynda Creutzburg, Heather Brewer, and Hope Newsom.

Members Absent: Thelma Wright, Fred Schmidtke, Wanda Mukherjee, and Mayor Vivian Jones.

Staff Present: Susan Simpson, Parks & Recreation
Brooke Wilson, Resources For Seniors

Guests: None.

CALL TO ORDER

Hope Newsom called the meeting to order at 3:08 p.m.

She welcomed new members and asked everyone to introduce themselves. New member Heather Brewer said that she was a social worker and had training in exercise physiology. Dick Massey told that he has been a member of the committee for several years and he and his wife use the center often. Bonita Sharpee works for Target in accounting and is familiar with Senior centers in Wisconsin. Sarah Bridges is newly appointed and has lived in Wake Forest all her life. She worked for the Durham school system as well as other jobs. Lynda Creutzburg moved back to Wake Forest and is interested in getting involved. Brooke Wilson informed the group about her role with Resources For Seniors. Director Simpson with the Town of Wake Forest serves as a liaison to the board and explained the relationship between the Town and Resources For Seniors. Basically, the Town owns the property and building and provides for maintenance and cleaning. Resources For Seniors runs the program and activities through a contract with the Town. Hope Newsom is the chair of the committee. She was instrumental in raising the money for the building and has been very involved with the center. She said that the board only meets once a quarter and has not been very active as of late. She welcomed the new members and encouraged them to be involved and if they had questions to call anyone of the old members, Susan or Brooke. She talked a little about the programs and that seniors were identified as anyone over 55 years of age. Brooke Wilson offered the group a tour of the facility after the meeting.

APPROVAL OF MINUTES

ACTION: None. No quorum from last meeting.

OLD BUSINESS:

There were no items of old business.

New members took the opportunity to ask a number of questions about the center and its operations. Lynda Creutzburg asked about donations for the center? Brooke Wilson explained that it depended on what the item was. If it was a permanent fixture, such as exercise equipment, copy machine, etc., then it has to be approved by the Town. Resources For Seniors does accept donations. They sponsor dances and also sell crafts that are made for the center. Money that is raised is put right back into the programs.

The group discussed the exercise equipment at the center. Dick Massey asked about the treadmills and when they would be fixed. Ms. Simpson stated that the Town has ordered a new one and will be repairing one of the current treadmills. The other one will be discarded when it no longer works. Ms. Creutzburg asked about the scale in the weight room. Director Simpson said that she was not aware that it did not work and that she rely on Brooke to keep her informed as to equipment problems. She and Ms. Wilson will also be looking at the bikes and what needs to be done to repair or replace them. Hope Newsom stated that the Town has to put bigger items in the budget each year in order to purchase them for the center.

Heather Brewer asked how new programs are developed or planned? Ms. Wilson stated that the center is currently participating in a "Fitness Strong" program for seniors with arthritis. This is a national program through the University of Chicago. Certain programs are run in all centers throughout Wake County and then others are unique to certain centers. Input from seniors is always welcome.